

A photograph of a flock of Canada geese in flight. The geese are captured in various stages of wing strokes, flying from the left towards the right. The background features a calm body of water reflecting the sky, with a line of trees and foliage on the right side. The entire image is framed by a thick orange border.

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WHITE=OUTHER FACILITY CONTRIBUTION
HUNTER ORANGE=KEWANEE CONTRIBUTION

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RESTORATIVE JUSTICE

KEWANEE LSRC has agreed to allow us, consistent with COVID protocols, to engage in more **Restorative Practices**. In the **Horizons** newsletter you will see the terms **RESTORATIVE JUSTICE** and **RESTORATIVE PRACTICES** very often.

The aim of **Restorative Practices** is to develop community and to manage conflict and tensions by repairing harm and building relationships. **Restorative Justice**, in general, is a process involving the primary stakeholders in determining how best to repair the harm done by an offense. The three primary stakeholders in **Restorative Justice** are: the victims, the offenders, and their communities of care; their needs are respectively: obtaining reparation, taking responsibility, and achieving reconciliation.

The **Kewanee Horizons** team believes creating a better community here is **Restorative**. By indirectly repairing damages and by giving back to our current community and the greater communities at large, we are engaging in **Restorative Practices**.

Community: A group of people with a common characteristic or interest living together within a larger society.

Merriam-Webster's Collegiate Dictionary Eleventh Edition

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MISSION STATEMENT

Kewanee Horizons has adopted the Restorative Justice and Community theme. Partly because this has been the fight of our lives, those of us who have sought not only freedom in its many forms, but, also a way to give back, rebuild, and uplift our communities.

We give back because of what we have been given. We rebuild, by restoring back to a state of before our offenses. We uplift, by a conscious and consistent effort to better ourselves as well as those around us.

Kewanee Horizons will work to highlight the achievements of our community both on campus and off, inside facilities and outside. Whether individually or collectively and no matter the uniform we wear. We're going to look into the daily lives on our campus and across the state to other facilities on a regular basis. We are hoping to open the eyes to the limitless potential there is in our population, to advocate for more participation in programming, and to give recognition to those who succeed. We want to remain as interactive as possible so Kewanee Horizons will be picking your brains for ideas and accepting submissions to make this as interactive as possible. This publication is put together for the purpose of uplifting mind, body and spirit.

FREEDOM HOUSE GETS A DOLL HOUSE



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I would like to take the opportunity to write about what the Service Learning class does and gets involved with. The class is a two-month class, where one month is spent in the classroom learning math that can be used to develop carpentry skills. Specifically, the students learn how to calculate square footage, compute problems with fractions, how to read a tape measure, and other basic geometry skills that are useful in the trades. The second month is spent in the maintenance building learning basic tool use. The students in class get hands on experi-

ence building projects that are donated to different organizations in Kewanee and surrounding communities. Some of the projects that we have done or helped with are several corn hole games, Christmas cutouts for a Christmas scene displayed at a local park, games for Day with Dad, different projects used around the facility, and most recently 2 dollhouses that were donated to a shelter for victims of domestic violence. We stay pretty busy.

As the teacher's aide, it is my responsibility to show the class how to use the tools safely and make sure that they are comfortable working with the tools. Safety is our number one priority. The skills they learn in Service Learning can help the individuals better themselves out in the real world. I also hope that they enjoy it. If you decide to come to class, just know that you are going to work.

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As for my experience in the class, I have been able to learn and develop many new skills from learning how to work with different tools to learning how to work with different individuals. I enjoy seeing the ideas that they come up with when they get to make their own projects. Service Learning is a great class to take if you are willing to challenge yourself by learning something new. I appreciate the opportunity that Mrs. Trigg has provided for me by allowing me to be the T.A.

- Alex "Mousie" Casares



Never thought I'd have fun helping build a doll house, but I did. To think, this whole house, its appliances and furniture was just a bunch of wood a month ago. I really enjoyed being a part of this team, working on a common goal of bringing joy to a child's life, that's what it's all about. I respect what Freedom House is doing and I'm honored to have been a part of this project.

Since joining Ms. Trigg's service learning class, I've learned a lot. From learning how to correctly and safely use a variety of power tools to working together as a group. Skills that will help me once released. I'd like to thank Ms. Trigg for all her help and the posi-

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tive attitude she brings to the class. I'd also like to thank her wise and patient teachers assistant, Mousie, for always stopping what he's doing to help a brother out. In case you're wondering if we played with the doll house, No! Well, maybe a little. Lol.

- **Jamie "J-Dawg" Hernandez**



I really enjoyed building the doll house for Freedom House, so much so, that this is my second time volunteering my services. This project is for a great cause and knowing that my participation in building this house will put a smile on a child's face is worth the hours put in as well as all the splinters. It's amazing what you can make with a little imagination.

This experience also gave me the opportunity to work with many different power tools and materials, giving me skills that I'll take with me upon release. I'd like to give a special thanks to Ms. Trigg, my doll house building crew and the maintenance department for sharing some space. Looking forward to seeing what's next.

- **Jose "Fester" Leal**



PEER LED SHOWCASE

The Lady and Gentlemen that you see pictured above are the very people that help make our vision come to life. These individuals dedicate their time and effort to help teach our fellow peers things that are much needed in their personal development in life, which we anticipate will inspire us all to step up and do the same. We are beyond appreciative for the submissions we've received from other facilities, and other peer educators, and it's truly a wonderful thing to see. We all lead by example, and the example that we've set with these peer-led classes show that we are more than determined to prove our worth. We are all leaving behind a roadmap to success, and for all of those that are involved, to everyone that makes this possible, our gratitude cannot be expressed in simple words.

However, thank you to **Everyone**, and please, keep up the good work!

Trust me, it's not going unnoticed.

CDL *Peer Led Class*

By: Harry Thompson, Forrest Bayer, and Rockie Douglas

Welcome back guys! I hope everyone has been doing well and have been continuing to study there CDL Study Guides. As always our goal is to prepare you upon release to go and take your permit test at the DMV.

Up to this point we've covered what would be on the 30 Question General Knowledge test you will need to take at the DMV to obtain your permit. The next section, section 5, will take you through the Air Brake System. This endorsement is needed if you plan on driving any truck or trailer equipped with air brakes. If you are



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pulling a trailer, you will also need your combination endorsement, which we will get into that when we study section 6. The Air Brake Endorsement Test at the DMV is 25 questions, and remember, you must score at least an 80% to pass! GO ahead and start reading section 5 in your CDL Study Guide located on your tablets or on the kiosks in your facilities.

DID YOU KNOW?

- The UPS is easily the grandfather of trucking companies. It was started in 1907, has grown to become the largest trucking company in the U.S.A, and the second largest trucking company in the world! UPS clocks BILLIONS in revenues every year through its many different operations while employing over 400,000 people worldwide.
- Truckers typically spend 240 nights away from home per year.

Here are some Questions that may be on your Air Brake Endorsement Test! See if you can answer some of them!

1) Why must air tanks be drained?

- A. To drain all the air out of the tank. B. To drain moisture and oil out of the tank.
C. To keep anyone from moving the vehicle.

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2)What is the supply pressure gauge used for?

- A. To tell you how much diesel fuel is in the tank. B. To tell you how much water is in the tank.
C. To tell you how much air is in the tank.

3) All vehicles with air brakes must have a low pressure warning signal.

A. True B. False

4) Front wheel braking is good under all conditions.

A. True B. False

5) Air brakes are really three different braking systems: Service brakes, Parking Brakes and Emergency brake.

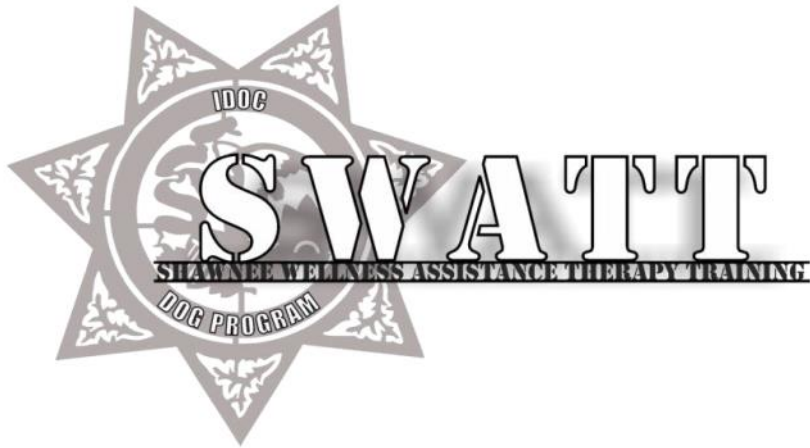
A. True B. False

Thank you for checking out another CDL article from us here at Kewanee!

1)B 2)C 3)A 4)A 5)A

ANSWERS

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This is an article we received from Shawnee, about their amazing training program for therapy dogs. We are very excited to highlight the guys and their achievements with this class. Congratulations to all of our community members; we can't express how proud we are of all of you. Thank you.

The Shawnee Correctional Center has proudly partnered with Project Hope Humane Society for the *Shawnee Wellness Assistance Therapy Training (SWATT)* Program.

For ninety days, we train the dogs in basic obedience skills, house training, distraction training, obstacle course training and socialization. As K-9 Handlers, we get the op-



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portunity to go through a 3 year apprenticeship program with the US. Department of Labor to become certified Animal Trainers. We have already had fellow team members get out and use this certificate to get jobs. We are now on our 12th class, making a total of 48 dogs. Many of these sweet companions have been given a second chance at life since they were previously scheduled to be euthanized and are now in their forever homes.

Several of these dogs have been given to veterans at no cost. I come from a long line of veterans who adored dogs, and to be able to finally give back to those fearless men and women that served this great country is very rewarding. Not only are we saving these dogs' lives, we are changing many other lives in the process.

The SWATT Program has taught us that there is no "I" in team, and that we have



to come together and work as one. Most of our dogs come from very bad living situations and therefore have taught us a great deal of patience, work ethic, and responsibility. This is a grand accomplishment in our lives and something we can be proud of for many years to come. This has changed my life in a very positive way and helps me maintain a sense of self-worth in a place that at times can seem very dark. I will leave this program with a newfound drive and motivation to help others upon release. - John Cearlock

RESTORATIVE JUSTICE

By: Eric Anderson



Greetings to all of my fellow incarcerated community members and also to anyone reading this from the other side of the fences. Though you may not be aware of it, you are also part of our community. Incarcerated people affect and are affected by almost every segment of U.S. society and culture. From the people who are directly locked up, their immediate and extended families and friends, to the people who have been directly harmed by those who are incarcerated, and their immediate and extended families and friends (two groups that overlap more often than you might think). If we only included those two groups, what do think the number would be? On any given day in the U.S., there are over 2 million people incarcerated; if each of those incarcerated

persons has 10 people that love them, that is 22 million people **directly** affected. What about those who were harmed? If each of those persons has 10 people who love them, that's probably at least another 22 million people **directly** affected.... How many police officers are there in the U.S.? Correctional officers? Their family members would bring the total to what number of people directly affected by the incarcerated community? Lawyers, judges, and their family members.... The numbers get large, quickly.... My point is just that our society, our American Culture, is deeply intertwined with the lives of the incarcerated community.

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We as the incarcerated tend to view ourselves as separate and distinctly isolated from the non-incarcerated. This is a valid way to view ourselves—on its face, the point of incarceration is to keep us isolated and segregated from society in almost every way. We are all well aware of the downsides of the system of incarceration as it exists in our lives; the detrimental impacts incarceration has on us, as well as on our loved ones; the negative views of who we are, as well as the negative views of those who love us. I submit that those negative outcomes and views reach further into American Culture than people realize. In many ways, incarceration is the antithesis of Restorative Justice. Those issues are not the focus of this writing. The focus of this writing is how we can come to understand and internalize the ideals and principles of Restorative Justice and Restorative Practices. In no way am I trying to assert that I am an authority or that I have all the answers when it comes to Restorative Justice. I feel my experiences have given me some insights, and my mission is to engage in Restorative Justice Practices in ways that I feel can impact the lives of my immediate community and my more extended community. I owe. It is as simple as that for me: I owe. The list of people I am indebted to in my life is extensive and grows longer every day. I am a former Juvenile Lifer, meaning I was sentenced as an adult to Life Without Parole for a crime I committed when I was 15 years old. My debt begins and ends with the lives of the two people I took from their families. I can never pay down that debt. I know that. The only thing left for me with that understanding is to do everything I can, at every opportunity, to ensure that what I did never happens to another family. That is an insurmountable task, it is commensurate with my debt. I can never reach that goal. What I can do is use my experience to improve outcomes for others' experiences—I can use what I have done, the life I have lived, the things that have happened to me, to say that I have an idea for how we can do better. I can get my message out there. My message is that we can do better. We can do better for ourselves as an incarcerated population, we can do better as a community, we can do better than the bare

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minimum of isolation, degradation, punishment, and the perpetuation of the cycles of violence that tear down our lives on such a daily basis. We can heal. Healing ourselves is the single most fundamental effective tool we have in the quest to stop the cancer that is violence. Just as it is true that “hurt people hurt people”, it is also true that “healed people heal people”, and that is hopeful.

I am a stakeholder. I am a person who has caused harm as well as a person who has been harmed—both of these things are true at the same time. Contrary to the traditional narrative of the criminal legal system, these two true things about me do not cancel each other out; they are mutually exclusive facts about me, both equally true, and both equally valid. This is also a truth of every person I have ever met and interacted with in any kind of meaningful way in the Illinois prison system. I have never interacted with anyone (that I know of) who is incarcerated and who is not also a survivor of violence. 27 years of incarceration has given me the confidence to say that I feel I have a pretty good insight as to who is incarcerated. I have spent the vast majority of my incarceration in maximum security settings, so almost everyone I have spent serious amounts of time with are incarcerated for violent acts—they are all also survivors of violent acts. Maybe there is an unmet population of incarcerated peoples who have not had experiences with personal violence,. If there is, I haven't heard about it.

A point I would emphasize is: Just because these facts are mutually exclusive and do not cancel each other out does not mean that there is not a direct relationship between these facts. More educated people than myself have conducted study after study that show unequivocally that there is a direct causal relationship between being a person who is a survivor of violence and a person who has committed violence. Hurting someone does not undermine the fact that you have been hurt. It also needs to be stated bluntly that being hurt does not ever excuse hurting someone. Both of those things are wrong, humans do not deserve to be hurt, there is no excuse for inflicting unnecessary pain on someone. It is equally true that it is never okay for some-

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one to inflict pain on you.

My experience tells me that the people who make up my community have an imperative need to come to terms with this truth: It is never okay for someone to hurt you. Period. People have a need to justify the things that happen in their lives, good and bad, positive and negative, healthy and unhealthy. It is a characteristic we share as humans. We like to make statements like “she earned it,” or “he deserves that.” Sometimes that is true—she did earn it, when it comes to things like paychecks or certificates or college degrees. One thing she never earned: being punched. Sometimes he does deserve it: a hug, a promotion at work, or an A in class. Something he never deserved: getting stabbed. Saying things to justify physically inflicting pain on another person is implying that it is okay to do harm to others. It is not. The justification of violence is an especially potent problem for two reasons: 1) it excuses the harm; and 2) it normalizes violence which helps to perpetuate the cycle. The thinking goes, “If I normalize the violence and harms I have experienced in my life, I am more likely to pay that violence and harm forward because I view it as no big deal and okay.”

Recognition of this immediate and underlying truth is the first step in Restorative Justice. I’d like to make a short analogy to further illustrate my point about who deserves or has earned what. Imagine you come home from work, walk into your house, are greeted happily and excitedly by your dog, walk into the kitchen and find a pile of dog shit on the floor. In my mind you would obviously be upset. You look at your beautiful friend, wind up and punch the shit out of his ribs! He yelps and scurries away. Did he deserve that? Did he **earn** it? No, he didn’t and you are an asshole for reacting like that. Did he learn his lesson? Probably not. Can you tell yourself a story to justify your actions? Sure, but that doesn’t make it right on any level.

Now the trick, did you deserve to be called an asshole there? No, you didn’t. Why

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not? For the same reason your dog didn't deserve to get kicked: because it doesn't serve any purpose except an immediate, unsatisfactory expulsion of anger. Now you have to deal with guilt and all other kinds of complex emotions. And honestly, that is just a dog. I love dogs, they are awesome. They are not humans. Humans deserve to be treated with more dignity and more regard than animals (don't hurt animals either, by the way).

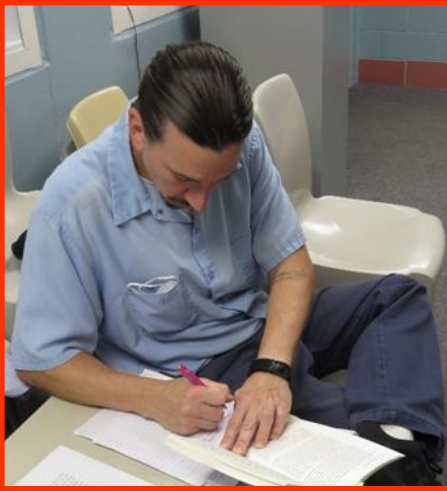
The point is that the infliction of pain (or punishment, to use the more popular terminology) does not evoke or invoke "personal accountability", which is the stock and trade of Restorative Justice and Restorative Practices. The reason that personal accountability is so important in this process is that only through personal internalized self-accountability can we, as people who have caused harm, start to do the work toward restoration, our part of the work at least. Only through owning what we have done can we begin to work through the emotions of what we have done, of what has happened and how it has affected another person. A person who did not deserve whatever act was perpetrated on them. It also has to be acknowledged that doing harm to another also does harm to ourselves.

There is hope though, even though we can never undo the harm we have caused, Restorative Justice is not about **undoing** something, it is about **doing** something. It is about doing something positive and healthy and healing. This is the crux of Restorative Justice, this is what makes it so tough to partake in, the fact that it does not allow us to take a victim stance and excuse our actions by making statements about what happened to us or what is happening to us. We resolve to examine our actions based not on the motivations that may have driven us, but based on how they have affected someone else. We won't dismiss the things that have happened to us, we have to deal with those things also. We won't be able to fully heal if we don't come to terms with the total, cumulative effects of the things that happened

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in our lives, both to us and by us. We have to deal with all the different facets of our shared histories.

The narrative we have been sold consists of a group of **ideas** presented as facts, even though they are fundamentally wrong. The main ideas that drive this false narrative are that inflicting pain on another person will somehow lessen our own pain—it doesn't; that incarceration as an answer to violent crime is effective—it isn't; that our American ideal of prison as a deterrent has ever actually worked—it hasn't. Period. Those are just the facts; there is no argument against these facts. The closest anyone ever comes to justifying prison goes something like, "Whatta ya gonna do? Let everybody outta da joints tomorrow?!" That is not an argument for prisons, at least not a cogent one. Prison is not an effective tool for dealing with crime. If it were even half as effective as it is purported to be, the United States of America would be, by far, the safest developed country in the entire world to live in. There are many paths to follow away from the purpose of this writing at this point; I am not interested in making those points, yet. The thing I'd like to focus on is: If prison isn't the answer as a response to crime, especially violent crimes involving personal harm, what is a valid, purposeful response? One answer is Restorative Justice Practices. I will leave alone the facts here that surround the issues that are systemic in our culture and are leading causes and effects of violence, because I'd like to stay focused on what actions we can engage in that are forms of Restorative Practices and are healing in nature so that we can move forward in our lives to live with real purpose and intention. I will touch on those systemic issues briefly here and there because, as stated above, nothing in our society exists in isolation, everything and everyone is connected, often more closely than we might initially imagine. The main aspect I would like to keep in the forefront here is the concept of personal accountability.



Personal accountability, as I have come to understand it, **involves 5 key components:**

- 1) Acknowledging our responsibility for our actions;
- 2) Acknowledging our actions' impacts on another or others;
- 3) Understanding that impact and expressing genuine remorse for those actions;
- 4) Taking restorative actions or making reparations to the degree possible; and
- 5) Making sure that we live a life that ensures that we never repeat those actions or actions similar to those that will cause harm.

Another way to talk about personal accountability is to say “taking responsibility.” I have heard this phrase misused as often as any other in my life as a prisoner. This misuse has to be attributed to the deep cultural acceptance of the misconception that uses punishment and accountability as interchangeable terms. I have had many conversations with my peers about the nature of taking responsibility. I maintain that taking responsibility involves much more than admitting guilt. Admitting guilt can be thought of as taking responsibility because it is a fundamental aspect of that process, but that is truly only the beginning. Add to that the nature of criminal court proceedings that are interested in “holding people accountable” for their actions in ways that are simplistic and superficial at best, especially pertinent here is the nature of a sentencing proceeding after guilt has been assigned. When a sentencing judge asks the convicted criminal if they have anything to say before a sentence issued that is known as an allocution. Allocutions are ostensibly utilized to give us an opportunity to “take responsibility” for our actions, that is often the way allocutions are referred to and talked about. Our lawyers, the prosecutors, the judge, even our family and friends tell us that this is our oppor-

tunity to engage in this part of the criminal process directly and “be accountable” or “take responsibility,” but it doesn’t equate to actually being accountable or taking responsibility. The work comes into play when we talk about the next steps; i.e., if I have taken a step down the road of responsibility by admitting my guilt, what does that admission now require of me? How do I continue down that road to healing and reconciliation?

The next step in the process involves recognizing the harms that we have caused to another human being. As I stated above, there is no justifying hurting another person. Once we internalize that understanding we can begin the process of working through a true recognition of how we have hurt someone and the effect that has had and continues to have on those persons. In an ideal situation this reckoning would take place with the participation of the people who have been harmed. We are not in an ideal situation. The IDOC and the State of Illinois do not recognize the promise of Restorative Justice Practices as evidenced by the fact that they have no mechanism in place for people to engage in reconciliation and recognition of harms caused. Every Restorative Justice program I have ever heard of is instigated and run by private groups. That is the situation as it exists for us. That increases the degree of difficulty when it comes to assessing and recognizing the true effects of the harms we have inflicted upon others, but it does not make it impossible or any less important to honestly engage in this step. It is imperative that we recognize what we have done—without that recognition there can be no chance of true accountability and any kind of restoration put forth is rendered hollow by its lack of veracity.

Expressing remorse is another part of the process that has to be acted upon in an unconventional way. Without the ability to directly apologize to the survivors of our actions, we must put some thought into what we can do to express our remorse. There is an important point to highlight here—the fact is that expressing remorse for

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actions we know were unacceptable is an important step to forgiving ourselves for what we have done to ourselves. Please remember that doing violence to another is also doing violence to the self. This is critical. I am aware that this statement can come across as minimizing the harm done to others, but this is untrue; it is another aspect that the myth of prison's effectiveness causes to become accepted, that there is no room for a comparison of harms experienced by one person or another. Every person's experience is just as true, valid, and important as every other person's. Going down the rabbit hole of whose experience is more important implies a zero sum scenario for pain and hurt; the human capacity for suffering is almost infinite, and causing pain to another can never relieve the pain you feel. In

fact, all it does is perpetuate and increase the suffering and cycle of violence. "Hurt people hurt people" is both inherently true and the most concise definition of why we have to learn to forgive each other and ourselves for our past harms. Without engaging in healing practices for our self-inflicted hurts we will never be able to dent the progression of the violence cycle.

No single step in the process of personal accountability is any more important than any other, however, step 4, taking restorative actions or making reparations, can offer one a feeling of truly engaging in the process in a tangible way. It can involve some of the most important forethought in that it requires us to look into the avenues available to us as incarcerated people to try to find the ones that allow us to most effectively invest ourselves toward making reparations. I have found that many times, men I have known have had to literally invent new ways to work toward paying down the debts we have incurred by our past actions. I have also encountered many men who have started down this path without even realizing what they were doing or why—they just felt compelled to do something positive in their lives. I was such a person. I began doing what I thought of as "good things" just because, not for a specific cause or

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thought, literally just because. In my mind this is illustrative of the simple and obvious truth that we are all more than just our worst decision or act. We are human; we are all capable of astounding amounts of love and kindness in ways that are not recognized by the court system, the IDOC, prosecutors, the news, or the traditional American Culture narrative that has brought us to this point in our individual lives. For many people I have known, this is where the rubber truly meets the road because it can have tangible measurable results. This is unlike step 3, expressing remorse—because no one can know how another person truly feels on the inside, people sometimes struggle even with their internal dialogue as to whether the remorse they are expressing is heartfelt or just mouthed words to effectuate a lessening of guilty feelings. Plus, if you are engaging in positive actions, with positive intentions you will often see positive results. This is what living with a true sense of purpose and intention feels like.

Finally, step 5: making sure that we live a life that we never repeat actions that result in the harms being committed again. This is the culmination of the process of personal accountability, not because it forces us to endure over and over the traumas that perpetuate the cycle of violence, but because this is the opportunity that frees us from that terrible existence. Living with intention is what allows us to be healed and to extend that healing to others, first to those we love and then outward to the other people we come into contact with in our lives and finally to the rest of the members of our communities and society as a whole.

I call out to all of you, let's be better. Let's be better than the worst we can do to each other, let's be better than doing the bare minimum to survive as a culture. Better yet, let's do our best—we can do more every day, we can extend the hand of care and friendship, and most importantly, we can extend the recognition of value and humanity that every person is entitled to under the banner of basic human dignity. This is the underlying tenet that has been missing in our lives as prisoners: basic

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human dignity. We can't wait for someone to hand it to us because we are already entitled to it. It just has not been recognized. Instead, we need to choose to embrace every day with intention and positivity while also embracing our shared humanity and inherent dignity.

I am not saying that if you embrace these steps there will be an instantaneous change in the ways that we are treated and treat each other. We are trying to overcome centuries of a story being told to us, a story that violence is an acceptable answer, that prison works as a deterrent, or that our hurts don't matter because we should be tougher than that. I am saying that acting on these principles is a dignified way to live. That doesn't imply an easy way to live. I would never presume to say that your life will be easy, I only say that you, as a human, are entitled to dignity and safety, and that embracing Restorative Justice Practices is a way to live that.

I want to give acknowledgement and thanks to authors Victoria Law (*Prison By Any Other Name, Prisons Keep Us Safe and 20 Other Myths of Mass Incarceration*), Danielle Sered (*Until We Reckon*). Their books on U.S. incarceration and its historical genesis, its current state, and new ways of looking at violence in our communities has served as inspirational and clarifying for my own positions on our community.



The team of guys who started and continue with KH hope to build a legacy of Restorative Justice Practices by focusing on how they can help build healthier communities from the inside out.

THE MARKET CORNER

By: Robert “Bulldog” Kennedy

Stocks vs. Bonds



Here at the Market Corner, I usually discuss the stock market with you, but what about bonds? As a matter of fact, what are bonds? How do they work? Let's take a look. First of all, a bond is a loan given to a company or government by an investor. When a company or government issues a bond, they borrow money from an investor, and in return the investor is paid a specific amount of interest on the money being borrowed. Companies and governments issue bonds for a variety of reasons, such as covering ongoing expenses

or possibly funding a new project, just to name a few. Investors buy bonds to preserve the money they already have, while generating additional income.

Bonds are viewed as a less risky alternative to stocks and are sometimes used to diversify a portfolio. Bonds are generally issued in \$1000 increments, referred to as

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the bond's "face value" or "par value". The amount of interest paid on the bond by the issuer is called the "coupon rate". Bonds can range anywhere from a couple of months to thirty years. Bonds with an expiration date, known as a "maturity date" of less than a year are called "commercial paper" or "treasury bills". Bonds with a maturity date of one to ten years are called "treasury notes", while bonds with a maturity date of ten to thirty years are just called treasury bonds.

Let's look at an example of a bond purchase. Let's say I purchased one \$1000 10-treasury note with a "coupon rate" of 4%, essentially loaning the US government \$1000 of my money for the duration of ten years. The government will pay me 4% or \$40 ($.04 \times 1000 = 40$) annually. Payments are usually split into two per year, so I would receive \$20 twice a year ($20 \times 2 = 40$) for ten years, reaching a total of \$400 (40 dollars X 10 years = \$400). After ten years, the maturity date will be reached and the bond issuer, in this case the US government, will return the original \$1000 they borrowed from me, fulfilling its obligation by repaying me the full amount of money I loaned them with interest ($\$1000 + \$400 = \$1400$). This deal worked out for both the government and myself. This is clearly a long-term investment tool, with regularly scheduled payments and the return of the original investment amount in full over a ten year period. This, in my opinion, is a pretty safe, conservative way to invest. Stocks are driven by the many forces in the market and are generally less predictable. However, not all bonds are safe. Government bonds are pretty much money in the bank. Government bonds are considered low risk and offer a lower coupon rate than corporate bonds. Corporate bonds are a bit riskier because some compa-

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nies can and will go bankrupt. When a company goes bankrupt this is considered a default. However, companies that go bankrupt have to pay bond holders before stock holders, if there is any money left after the company goes bankrupt.

Corporate bonds typically represent a greater risk of default. Usually, the higher the coupon rate the riskier the company may be. The company might offer you a 10% coupon rate for a bond with a 5 year maturity date, but will the company even be around long enough for you to get all your investment back in 5 years? If it sounds too good to be true, it probably is. There are credit agencies that rate the default risk of corporations such as S&P, Moody's and Fitch. There are generally two grades of bonds: Investment Grade Bonds and High Yield Bonds. A bond is considered to be what is known as "fixed income" because the coupon rate is locked in or "fixed" for the entire life of the bond. Bonds are bought and sold through brokerage firms such as Charles Swab and Fidelity but can also be purchased directly through the website www.treasurydirect.gov, online. I hope this helps you understand and perhaps decide whether or not bonds are something you may or may not be interested in. I just want to inform you of other possible opportunities there are to help you create and sustain wealth. Stay encouraged. Stay invested.

I hope to catch you again soon on the Market Corner!

INVESTING IN THE STOCK MARKET INVOLVES RISK. THE MARKET CORNER IS MEANT AS AN INFORMATIONAL TOOL, NOT AS INVESTING ADVICE. INVEST AT YOUR OWN RISK!

JOE REAL ESTATE

Real estate is a market just like any other market; however, real property is the product, and the real estate professional needs to know enough about the product to guide clients and customers through a well planned business decision.... And yes, people buying and selling a home, although it may be their personal residence, will look at the process like a CEO looks at a company. There is an expectation to have a well thought out game plan and profit.

First, let's define a few terms. *Real property* is defined as the land, surface, air-space, improvements (such as a structure), combined with the legal rights that come along with ownership. *Real estate* is defined as the land, plus human-made additions (improvements) made to the land. I'll re-emphasize the importance of taking a real estate licensing course, whether you want to be a broker helping others, and/or become an investor, buying, selling, and renting your own investment(s). You will be expected to have knowledge of real estate law, contract law, agency law, and license law to guide clients professionally through each process. Taking a real estate licensing course will be time well spent; you will be educated and prepared to take the state licensing exam. Classes can be done online or in a classroom.

Regarding the relationship we create with the public, this relationship is governed by agency law. This agreement can be expressed orally or in writing. In fact, this relationship is implied, especially if you start making suggestions that you are the best agent and can get them the best price on their home purchase. In that statement you

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are implying representation.

Case and point: As a broker meeting a buyer at a property for their viewing, after a brief introductions, I would immediately suggest they not give me any information regarding their motivation to buy this home or any other, at least until I could explain agency and the representation they have a right to. I would further explain, if they were looking at properties with different/multiple brokers, and the brokers were not acting according to the law, they could put themselves at a great disadvantage. This conversation provoked curiosity and more conversation. FYI...

- 1) I knew they were looking at homes with multiple agents, it's the nature of real estate business.
- 2) I knew it was highly unlikely that any of the agents the people met with were sharing this information regarding agency in their first meeting, or at all for that matter.
- 3) I was relatively certain of my assumptions because of the pre-screening questions I asked on the phone prior to meeting anyone at any home. (Qualifying prospective clients properly is very important to being efficient and more profitable. We're not in business to be a free information source for people who are not serious about buying or selling. If I'm spending time with a prospect that is not serious I'm taking time away from my clients that are serious, and there is just enough time to waste.)

Remember, every hour you spend with people who are not serious about buying or selling is not only a waste of time, but more importantly it is time away from your family or other clients who really need your help.

Back to 1. 2. and 3. This information I was giving to people regarding agency and

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how they had a right to be provided proper representation (confidentiality, obedience, accounting, loyalty, full-disclosure, reasonable care, honest and fair treatment) was eye-opening for the prospect 8 out of 10 times. If it wasn't important to them, they were likely not as serious as they led me to believe or already committed to another agent.

Most of the time, this initial conversation led to a much deeper conversation, as well as their business and loyalty, a commission check and future referrals of their family, friends, and business associates. We always solidified the relationship in writing with a Exclusive Agency Agreement. This was for their protection and mine.

In closing, I will define agency. The six common-law fiduciary duties:

Confidentiality: do not share any information with **anyone** regarding your client(s) without permission (preferably in writing) from your client.

Obedience: follow all lawful & ethical requests from the client.

Accounting: handle all property, such as paperwork, entrusted to you.

Loyalty: always act in the client's best interest. (Not the commission check you're hoping to make).

Full Disclosure: keep your client informed of all information and facts that could affect the transaction or their decision making process.

Reasonable Care: provide accurate data. Show them with facts why the price is a good price. Provide market analysis for all, rather than just giving an unsupported opinion. Guide them! Advise them!

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This method of practice will guarantee multiple ongoing referrals. Clients love an agent who shows them love through measurable actions. Their love always seemed to be expressed in praises and referrals. This means more revenue in less time, and less time away from your family, service work, and doing things you enjoy doing.

Let's be honest, we all want to make a lot of money—however, there is nothing more satisfying than doing it with integrity, helping others reach their dreams, and having a strong sense of purpose. To me, being a real estate broker is one of the greatest opportunities one could have. I hope and pray we all get out there and make a difference in people's lives.

God Bless, have a great day! Joe

A LOOK AT LEADERSHIP PART 3

4. RESILIENCE

Most leaders didn't get where they are because they were born with innate leadership qualities. Becoming a leader doesn't always come naturally. You must be willing to embrace a growth mindset, develop your skills, work on your weaknesses and challenge yourself daily. You must be willing to do your best and fail – then get back up and fail again.

This inner strength comes from realizing that life happens for you, not to you. Everything you experience can teach you something if you let it. Learn how to find the lesson in all of life's events, take it to heart and get back out there. You'll inspire others to do the same.

5. HONESTY

Many people believe that successful business and political leaders are inherently dishonest, but strong leaders treat others just as they expect to be treated – in an honest fashion. Being honest is not only one of the leadership qualities that will allow you to lead your business with integrity, but it's the only real way to make strong connections with others. Whether you're leading your business or your family, the truth is that every single person you interact with looks to your own honesty and code of ethics to set their own bar.



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Make sure each member of your team or household knows what your culture and core expectations are, and show them how much you value honesty in your everyday interactions with others by setting a valuable example. Don't sugarcoat information, but find a way to deliver honest comments and feedback in a direct and compassionate manner.

LEADER OF THE WEEK



Patrick Bet-David

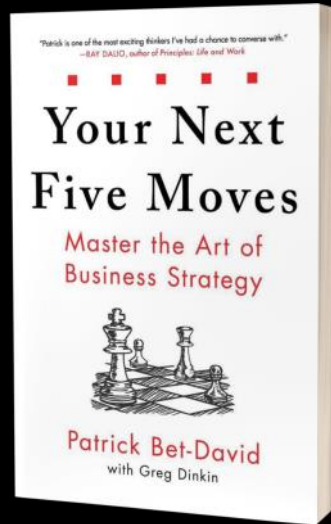
Patrick's amazing story starts with his family immigrating to America when he was 10 years old. His parents fled Iran as refugees during the Iranian revolution and were eventually granted U.S. citizenship. After high school Patrick joined the U.S. military and served in the 101st Airborne before starting a business career in the financial services industry. After a tenure with a couple of traditional companies, he was inspired to launch PHP Agency Inc., an insurance sales, marketing and distribution company – and did so before he turned 30



“IF YOU WANT
TO WIN BIG,
YOU MUST BE
WILLING TO
DISAPPEAR
FOR A WHILE.”

PATRICK BET-DAVID





Both successful entrepreneurs and chess grandmasters have the vision to look at the pieces in front of them and anticipate their next five moves. In this book, Patrick Bet-David translates this skill into a valuable methodology that applies to high performers at all levels of business.

Whether you feel like you've hit a wall, lost your fire, or are looking for innovative strategies to take your business to the next level, Your Next Five Moves has the answers.



I've not found ! one single mutual fund, one single real estate investment, any gold, silver or anything else that has given me higher returns than: me investing in myself.

— Patrick Bet-David —

AZ QUOTES

P.R.I.D.E.

By: Tiiyon T. Byrd

Peace: a state of tranquility or quiet

Redeem: to get or win back; to change for the better

Impact: to have a direct effect or impact on; a significant or major effect

Decide: to make a final choice or judgment about (what to do)

Embrace: encircle, enclose; cherish, love.

In the midst of all the chaos prison life sometimes consists of, **peace** is what we all long for. There are days (which I know some of us have) that we feel like the chaos is never going to end. In those times, it is very simple to get lost within the chaos and become part of it. When there is nothing but negativity and chaos around you, it can become suffocating, overwhelming, and do serious harm to your mental state. Being in prison, we all experience it, some more than others, but we all deal with it one way or another. What I want everyone to hear me out on is the fact that we need to find

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our own place of “peace”, something that takes us away from all of the chaos and craziness, and delivers us to a state of tranquility. There are so many things that we can do with a pen and paper sitting inside of a cell, it’s ridiculous. Of course no one wants to be stuck in a cell with nothing but pen and paper, but for those of us that have to, I beg you to please show yourself that you are more powerful than you’ve ever believed yourself to be. There are so many authors inside these prison walls that have had their books published, and have been successful with doing so. If writing a book isn’t your thing, write poetry; draw, write down your life goals and the things you’d like to achieve, or advice to your fellow peers; submit something for Kewanee Horizons! Whatever it is that you do to find your place of peace, please pull the coattail of your fellow peer that you may see falling off into the chaos and help them find theirs as well.

Redemption is what we all owe ourselves. Some of us have made many mistakes in life and we may feel as though we can’t come back from them. I’m telling you now, that is the furthest from the truth. Believing that because you committed a crime and society has labeled you a criminal, you are just that, is incorrect. Without a doubt, the way we are sometimes treated may make us feel like that it’s on “us” to show and prove that’s not the case at all. We are Men, and Women, brothers, sisters, friends,

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fathers, mothers, etc.. Before we can prove that to anyone else, we have to first prove it to ourselves. When we look in the mirror, and truly look at ourselves, we should see the person we are proud of and love, staring right back at us. That's been something that I've been working on during the course of my incarceration, learning to forgive my younger self, and love the man that I've become. I know it's sometimes difficult to love ourselves, or forgive ourselves, but in order to fully grow, those are the two most important things that need to be done before anything else. We don't have the capability to heal others unless we have first healed ourselves.

Having a positive **impact** in your community, whether it be your outside community, or your fellow peers within these prison walls, impacts you as well. It gives you a sense of responsibility, along with a sense of pride. In regard to our continued growth as individuals, being able contribute in a positive way is rewarding for everybody. One of the things that I can't help but reiterate is that we must lead by example. I say that so much because for a lot of us, what led us to where we are in life right now is following someone else, the "wrong" someone. My hope for us all is that by now, we've all learned from our experiences, and we are now ready to lead others, but the "right" way.

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Deciding that you're done with this lifestyle, and all the b.s. that comes with it, is a decision that should've been made a long time ago. For those who still struggle with making this decision, I'm going to pray for you. I don't say that to be funny, I mean that wholeheartedly. It may seem like there's no way out of our current lifestyle, but there is. How I know that is because, although I'm still currently incarcerated, I'm living proof. Making the decision to change is the first step. Having a vision (outside of dreams that involve illegal activities) and mapping out how you're going to make that vision happen are the steps you need to be making to ensure that you're successful in life and all that you do.

Embracing new things, ideas, opinions, and criticisms are also important when we embark on our journey of new beginnings. Welcoming opinions, ideas, and criticisms from others show that we are capable of humility, which is much needed when it comes to true growth. We need to also embrace one another, not necessarily physically, but embrace one another's individuality, and understand that we all make up our community, and we need to appreciate one another for who we are individually.

PEARL HARBOR

By: Antonio Aguirre



The date was December 7, 1941. It was a tranquil and beautiful Sunday morning at the Pearl Harbor-Naval Base in Honolulu, Hawaii, who many refer to it as “Base Paradise,” due to its white sandy beaches and aquatic sea life. The sailors that day were going about their daily duties when, all of a sudden, a distinct buzzing sound drew their gaze upward towards the clear blue sky and without warning, several Imperial Japanese Air fighters, Dive planes, and Torpedo Bombers began their assault on our US Pa-

cific Naval fleet, which consisted of 8 battleships, of which 4 sunk, along with 3 battle cruisers, 3 battle destroyers and an anti-aircraft training ship and minelayer that were also destroyed.

All in all, more than 180 US aircrafts were destroyed, 2,403 Americans were killed and 1,178 others were wounded. This “surprise attack” by the Imperial

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Japanese Naval 1st Air fleet unit was the act that catapulted our then “Neutral Country” at the time, into the fray of the Second World War.

World War II was a Declaration of War against Japan, Germany and Italy, with an alliance between Great Britain and the United States. Once our US Congress declared war on Japan, our President, Franklin D. Roosevelt, understanding the purpose of Japan’s Air strike began approving all military counter-defensive for Pearl Harbor and for the military reinforcements needed to secure our Pacific territories and allies.



The purpose for Japan’s attack on Pearl Harbor had several aims. First, it intended to destroy important American fleet units, thereby preventing our Pacific Fleet from interfering with the Japanese conquest of petroleum-rich resources from the “Dutch East Indies” and the Malaya’s abundant raw-material surplus; enabling Japan to conquer Southeast Asia without any formidable interference. Second, Japan hoped to buy time, in order, to consolidate its strategic positions and increase its naval strength before the “Shipbuilding Authorities” set by the 1940 Vinson-Walsh act would hinder any chance of their victory.

The first attack wave of 183 planes was launched north of Oahu, Hawaii, led by Commander Mitsuo Fuchida. It consisted of 3 groups of planes:

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- **The 1st Group** (Intended Targets: US Battleships and Aircraft Carriers)
 - **49 Nakajima B5N Kate Bombers** armed with **1,760 lbs.** of **Armor-Piercing Bombs were dropped**
- **The 2nd Group** (Intended Targets: Ford Island and the Wheeler Field)
 - **51 Aichi D3A Val Dive Bombers** armed with **550 lbs.** of **GP Bombs were dropped**
- **The 3rd Group** (Intended Targets: Aircrafts at Ford Island, Hickam Field, Barber's Point, Kaneohe)
 - **43 Mitsubishi A6M "Zero" Fighters** for Air control and strafing A/K/A **Kamikaze Flyers**

Our strength and perseverance that devastating day in paradise was unprecedented—and please do not be mistaken, this war wasn't just about conquering land, oil reserves, and/or raw riches. We fought to preserve our "Humanity" from the "Evils of the World" who wish to kill and enslave it. Our nation unanimously felt the sting of our enemies' cowardice actions at Pearl Harbor, which they too, would soon after regret, Japan underestimated the resolve of our "Faith



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as a People” coming together on a unified front, with other nations, to fight against tyranny and evil for the greater good of our existence, and that, was a dyer miscalculation on their part.

Know that our Service men and women, who lost their lives for this righteous cause, saw it, as their “Divine Duty” for the “Privileges and Freedoms” afforded to them by God and the United States of America. As a commemorative service to recognize their sacrifices, Congress passed a joint resolution to declare July 18, as a National MIA/POW Recognition Day. Years later, President Ronald Regan issued a proclamation for POW/MIA Recognition Day and on 1986, the date of observance was moved to the 3rd Friday of September, where it remains till this day. The purpose and significance of this day is to raise awareness regarding 82,195 plus service members who were MIA or POW’s dating back to WWII!



The Individuals in custody at the Kewanee Life Skills Reentry Center sincerely thank the families and friends of these courageous individuals, whose integrity, grit, and love for their country has empowered our nation, allowing it to continuously flourish and grow, thanks to their selfless acts of bravery and commitment.

Thank you for your service and sacrifice!!!!

K.H. would once again like to take a second to extend our heartfelt thanks to Mr. Kuster and Mr. Ross for their assistance in our mental health pages. They have offered encouragement and insight whenever we have asked, any mistakes or omissions are our responsibility.

STAGES OF CHANGE

Stages of Change based on the Transtheoretical model of change.

As we have discussed in the past couple of volumes of KH, we are looking into the Transtheoretical Model of change which is a tool therapists use to understand where their clients are as far as a path to healthy behaviors is concerned. You may recall that there are essentially 6 stages of change that a person progresses through:

1. Precontemplation: failing to recognize the need for change.
2. Contemplation: seriously considering the need for change.
3. Preparation: making small changes.

KEWANEE MENTAL HEALTH

4. Action: committing to exercises or activities etc. for less than 6 months.
5. Maintenance: staying regular with your new behavior for longer than 6 months.
6. Termination: the point at which the new behavior has become a structural change in your life.

It should be noted here that there are 2 additional pieces of information that you need to know:

1. even though these stages are listed in order like steps on a ladder, you might not actually go in order in the sense of time. You might go back and forth between stages 2, 3, and 4 before finally making the leap to stage 5 or 6.
2. There is also potentially a stage 7 which is relapse. Basically, it is you reverting back to your unhealthy behavior or substituting a new unhealthy behavior for the old one. For example, you stop smoking rocks but you start gambling on ass.

It is important to understand that while the manifestation of an unhealthy mindset is an important tool, the most important part is determining where you are positioned in terms of these stages.

So, we left off our discussion with stage 4...

KEWANEE MENTAL HEALTH

- 4) **ACTION**: the point at which you have decided to act on the information you've gathered and are actively participating in things that address your unhealthy behaviors with corrective solutions. Think of this as things like going to therapy, meditating, attending an AA/NA type of program, etc.. The point is that you are in a phase where you are on top of your shit and you are doing the things that will help you internalize healthier behaviors. This stage usually lasts up to 6 months.
- 5) **MAINTENANCE**: the point at which you have truly internalized the new healthy behaviors and have adapted to new habits and routines that result in the changes you were working toward.
- 6) **TERMINATION**: the point where you are confident in your new skills and you can stop going to therapy or whatever activity you have engaged with to build out your new life skills.

The best way to use this information about the stages of change is to try and objectively assess where you are at right now in your life with your behavior, actions, reactions, habits etc.. The next thing you can do is figure out where you feel you need to go in order to improve your mental health and well being.



BRAIN FACTS



FEAR AND ANGER

Fear and anger trigger the release of hormones in the body that prepare us to deal with threats. In the modern world, however, long-term anxiety can cause over activation of the sympathetic nervous system and lead to health problems.

Fight or flight

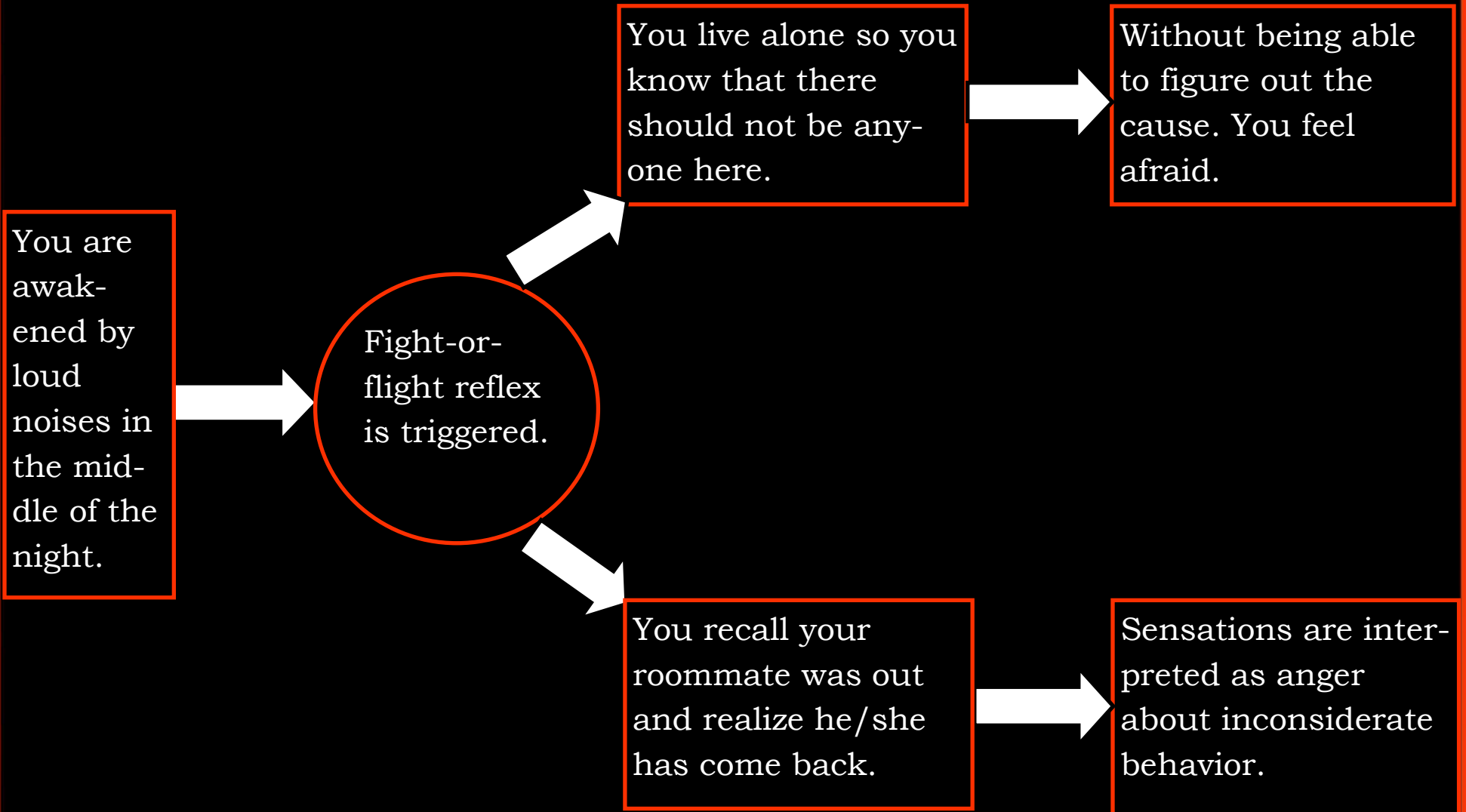
When we see a possible threat, visual information travels to our amygdala, a tiny part of the brain that processes emotion. The amygdala sends a signal to the hypothalamus, which activates the sympathetic nervous system, preparing the body to react to danger. The hypothalamus also sends signals to the pituitary and adrenal glands, which secrete hormones such as cortisol and adrenaline. The combined effect of these pathways is to initiate our fight-or-flight reflex, which prepares our bodies to attack or run away.

Angry or afraid?

The bodily reactions to fear and anger are similar. It is mainly the way we interpret the sensations we experience that determines whether we feel afraid or angry. One theory suggests that if we know why a negative event happened, and who was responsible for it, we will feel angry. If we are unable to figure out the cause, or it is out of our control, we will feel fear.

CONTEXT IS KEY

Whether we react with fear or anger to a particular stimulus is often conditioned by its context.





RECIPE FOR MOLÉ ENCHILADAS (FEEDS 2 PEOPLE)

By: Brian "40" Lehnert

This is our first submission to the KH Kitchen after our call-out in volume 16. If you want to share one of your famous recipes, write it down and send it in. Feel free to include a picture so your people can see you on the internet!

For Enchiladas:

- 1 shredded beef
- 1 chicken
- 1 carnita or alt. turkey
- 1 pack of tortillas (6 total)
- 2 packs of jalapenos
- 1 summer dog
- 1 bag of doritos (or any chips)
- 1 tub of cheese

For Molé:

- 1 chili w/beans
- 1 Hershey bar or (pack of cocoa)
- 1 big spoon of peanut butter
- 1 tbsp. of garlic powder
- 1 tbsp. of onion flakes
- 1 tsp. of cinnamon (optional)
- 1/2 tsp. of cayenne powder (optional)

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Molé

1) Start by making the molé. Open chili pack at the top, add smashed up Hershey bar (or cocoa), add garlic, onion, cinnamon, cayenne, and then big spoon of peanut butter. Stir well! Add water all the way to the top and stir well! Put whole pack in the hot pot for 1 hour.

Burritos

2) Put a little cheese on the outer edge of the tortilla, for closing/glue like purposes. Make two burritos with only shredded beef, two with only chicken, and two with only carnita or turkey. Put the three different burritos inside of a chip bag and stuff them into the hot pot and cook until well cooked!

3) Dice up cooked summer dog.

4) Remove the two chip bags with burritos, open up fully along the seam, spread the bag all the way out. Lay the three different burritos side by side. Take the hot molé and pour on top of the burritos , covering the whole thing. Put the diced up summer dog all over the top of the molé, pour the melted cheese all over the top of that, then the jalapenos , then the crushed up chips. Every bite will be different because all of the burritos are different! ENJOY!



KEWANEE HORIZONS

RIDDLES

- 1. There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?**
- 2. In my hand I have two coins that are newly minted. Together, they total 30 cents. One isn't a nickel. What are the coins?**
- 3. What is harder to catch the faster you run?**
- 4. You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?**
- 5. What fastens two people yet touches only one?**
- 6. What kind of running means walking?**
- 7. What can be swallowed, but can also swallow you?**

1) Heroine
2) A quarter and a nickel
3) Your breath
4) Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.
5) A wedding ring
6) Running out of gas
7) Pride

KEWANEE HORIZONS

WHAT'S YOUR
CELL NUMBER?

WHAT'S YOUR
CELL NUMBER?

RIGHT

WRONG

YOU USE TO CALL ME
ON YOUR JAIL PHONE

13

14

15

16

MEME PAGE

HOROSCOPES



Aries: You are seriously in one of the best celestial cycles that you've been in for a long while. The recent full moon in your sign means this is now your time to turn the corner. Whatever else you do, don't let any little hiccups throw you off track this week.

Translation: You are on a roll shawty, don't let them haters pull you off ya square! Stay on top the bizness and you gonna be alright.



Taurus: The phrase that comes to mind looking at your chart this week is "going from strength to strength." This applies to your daily life in particular. Make sure your routines include a little bit of self-care. Every day can be a step in the right direction. Make a commitment to yourself.

Translation: Going from strength to strength doesn't mean skipping leg day! Also practice mindful meditation, self-care is health-care.



Gemini: Don't push too hard at work if things aren't going your way this week. There's a lot of room for confusion and you might end up having an argument you'll regret later. Far better to let events play out now and sort themselves out next week. Least said, soonest mended.

Translation: You can't win a battle of words with your boss, they'll figure out they're wrong, just accept for now that you got more patience and that is how we win long term...



Leo: Now is the time for you to be picking apart your love life...in a good way! Think of it like taking a slightly wobbly brick wall down, cleaning the bricks and then putting it all back up again with clean mortar, so it's all stronger.

Translation: If all ya'll do is argue on the phone then cut that "brick" loose, homie! That \$20 she send you every month ain't worth the trouble!



Virgo: How about some good news? If you've been working on your money mindset, and also putting in hard work in real life, this could be the week where you start to feel more financially stable and secure at long last. Enjoy the feeling. Frankly you deserve it more than many!

Translation: Bro bro, you been stackin' noodles instead of straight wet packs and your trust fund balance proves it! Plus, you been putting' together that MARKET CORNER masterplan!



Libra: Once again the emphasis is on having a good time with people you love. Yes, of course, you need to work hard and take care of all your responsibilities. However, right now the stars really want you to understand that you deserve to be happy too. Put a smile on your face.

Translation: Stay up late and watch them bullshit movies they got on, you know you think that Madea shit is funny...



Scorpio: It's that time of the year when it's best to hunker down and take care of yourself. Obviously if you're a parent or caregiver, you have other people to think about. But overall, remember "investing in you" now will reap rewards. Quite frankly, your nervous system could use a break!

Translation: Your nervous system is beggin' you to put down the coffee fam! Bro you trippin off that maxima bullshit-ass coffee! That shit is not good, at, all.



Sagittarius: You currently have excellent stars for sorting out a situation with someone. Try not to get too angry. Use your famous sense of humor. Don't be surprised if you can't get to an answer just yet. There could be a bit more confusion to get through first.

Translation: Keep cool shawty, it's the Holidays, it's time to send out cards, get your card-making homey to hook you up with some funny shit...



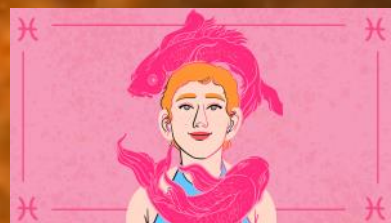
Capricorn: In a perfect world, hard work would lead to solid rewards. However, that's not always the case. This week though, the skies are on your side when it comes to being well recompensed for your efforts. Believe you're worth it and the universe could shower you with a little bit of gold.

Translation: Put in that werk, even if you don't see it, the universe knows what the bizness is and what you do.



Aquarius: As Nietzsche very famously said, "What doesn't destroy you makes you stronger." You've got the steamroller planet Saturn in your sign so the past couple of years have definitely tested your mettle and resilience. Your string response means that now is when you start to see the rewards.

Translation: Nietzsche also famously said "Stack yo paper and get it how you live, shawty."



Pisces: Remember that you are now in a new and improved financial cycle. All you need to do is make sure you don't overspend! This week, as the abundant planet Venus harmonizes with hard work planet Saturn, you should feel more financially stable. The more you believe in your prosperity, the better.

Translation: That Holiday money is going to tempt you to become "wet-pack shorty"... don't do it!



Cancer: It looks like you're going to have a pretty good week. The only way you could spoil it would be to start to allow worry to keep you up in the middle of the night. Accept what you can't change, and change what you can. Make like a Zen master.

Translation: They ran yard on time twice in a row!? Focus on the positives and don't drive yourself crazy worrying about the small shit.

THE ADVENTURES OF J-DAWG

THE ADVENTURES OF J-DAWG



KEWANEE HORIZONS STATEWIDE ~CALLOUT~

Everyone here at **Horizons** would like to take the time to express our sincerest gratitude for all of the viewers, supporters, and participants of **Kewanee Horizons**. Our approach is different from other material that has been of benefit to us all, especially in regards to highlighting the successes of our fellow peers, as well as highlighting the fact that we have an outstanding amount of friends, family, and loved ones that contribute to our overall success. **Horizons** is more than just a platform for us to use to spread content throughout I.D.O.C., it's also valuable to us all to show that we are indeed a community made up of "real" people, striving to make it through this journey. With **Horizons**, we are experiencing amazing things. Things that weren't the norm just a few years ago, and that's the evolution of "US" (the incarcerated individuals) and our desire to spark an already contagious thing, which is a change in the utmost positive direction. Change begins with us, and that's exactly what's been shown, as well as proven.

K E W A N E E H O R I Z O N S

Being able to see some of the Peer led groups is something that is a blessing for us all. For so long, some of us didn't have the courage to teach what we knew, and quite possibly, the issue was that we didn't know what we knew would help anyone. Kewanee doesn't make **Horizons** —we “ALL” make **Horizons**. It's about all of us. The things we do during this incarceration not only impacts us, but our community as well. If we want people to believe in us, we first have to believe in ourselves. The entire **Horizons** team is honored to be able to be a voice for some of those that feel that they don't have one. Our focus is on positivity and how any occurrence that you've encountered since being incarcerated has impacted you in a positive way. Our driving force is positivity with a

Restorative Justice mind-set. We don't look to focus on anything negative, we don't want anyone dwelling on yesterday's bad decisions, we want everyone focusing on tomorrow's goal of productivity, positivity, and finding ways to help one another in the best way possible. Please don't shy away from submitting your article to **Horizons**. WE WANT TO HEAR FROM YOU!

K E W A N E E H O R I Z O N S

MAILING US SUBMISSIONS

The address for **Kewanee Horizons** is:

Kewanee Horizons Editor, KLSRC

ATTN: EFA Mr. Warnsing

2021 Kentville Rd.

Kewanee, IL 61443

Here is a quick list of **Dos and Do-nots**:

- **DO** try to have someone official from your facility contact EFA Mr. Warnsing before you send anything through the mail—they may be able to e-mail it directly to him at **doc.kewaneehorizons@illinois.gov**
- **DO** try to stick within the ideals we have tried to promote in your article, namely **Community** and **Restorative Justice** principles, i.e. how the subject of your piece is community related and affected—stay positive!
- **DO NOT** expect to have whatever you send, however you send it, returned to you under any circumstances
- **DO NOT** write to any individuals in custody at **Kewanee Horizons** directly, or indirectly if you are in prison, incarcerated, locked up, doing a bit or anything in that direction
- **DO** write to or e-mail our liaison E.F.A. Mr. Warnsing if you are a free person in the free world and would like to submit something for possible publication
- **DO** understand, your submission is not guaranteed publication in **Kewanee Horizons**, we have internal and external guidelines that we adhere to

KEWANEE HORIZONS

KEWANEE HORIZONS NOW HAS ITS VERY OWN EMAIL ADDRESS!

doc.kewaneehorizons@illinois.gov

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AND SHARE IT TO THEIR SOCIAL MEDIA WITH THE HASHTAG:

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